

CLASS SCHEDULE

December 1 - December 7

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	YOGA Miriam 9:15 - 10:00 am	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Batya 9:00 - 10:00 am	pilates Alicia 9:30 - 10:25 am	
TOTAL BODY WORKOUT Deb 9:30 - 10:30 am	Dance Tots Julia 10:30 - 11:15 am	SPINNING Gina 9:45 - 10:30 am	Body Sculpt Michele 9:45 - 10:30 am	TABATA WORKOUT Elana 10:00 - 11:00 am	SPINNING Gina 9:45 - 10:30 am	
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 am - 12 pm	CARDIO TONING Maya 10:15 - 11:00 am	Dance Tots Julia 10:30 - 11:15 am		Dance Tots Julia 10:30 - 11:30 am	
		BODY A N D SOUL Naomi 11:00 - 11:45 am	Pilates Fusion Julia 11:15 am - 12 pm			
			SPINNING Devorah 8:00 - 8:45 pm			
CARDIO TONING Miriam 7:45 - 8:30 pm	Dance Tots Chaya 7:30 - 8:20 pm	BOOT CAMP Deb 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	Dance Tots Julia 7:30 - 8:30 pm		POUND Lisa 8:00 - 8:45 pm
POUND Hadassah Dina 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20 pm	BARRE above Ronna 8:30 - 9:30 pm	HULA DANCE Esther 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20 pm		

MEN'S CLASSES

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm	SPINNING Shmuel 2:15 - 3:00 pm	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Joshua 2:00 - 3:00 pm	SPINNING Shmuel 10:00 - 10:45 pm
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Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 12:15 pm

Saturday: After Shabbos - 9:00 pm

Men's Hours

Sunday - Thursday: 6:00 am - 8:20 am,
1:50 pm - 6:20 pm, 9:50 pm - midnight

Friday: 6:00 - 8:20 am, 12:30 pm - 1 hour before sunset

Saturday: 9:15 - 1 am